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# Senior Food Guide Pyramid<sup>®</sup>

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A Video Module Nutrition Education Program



University of  
Connecticut



UNIVERSITY OF  
RHODE ISLAND

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# **The Senior Food Guide Pyramid**

## **A Video Module Nutrition Education Program**

### **Introduction for the Leader**

Older American's face complex issues affecting their nutritional status. Many seniors have recently experienced a change in their living situation. Relocation from a home to a senior housing site, loss of a spouse, changes in health status, difficulty in getting around, food access, and having enough money to buy the foods seniors need are some of the many issues that have a negative effect on nutrition. It is important that seniors eat a wide variety of foods that are in keeping with their budgets, health promotion goals and their medical needs.

The Senior Food Guide Pyramid is one video in the set of nutrition education video modules produced by the Senior Nutrition Awareness Project (SNAP). The modules are designed to give limited income, Food Stamp eligible seniors the basic tools they need to help them eat a variety of healthy, low cost foods that are easy and fun to prepare and meet their health needs.

These videos are produced through a collaboration with the Town of Groton (Connecticut) Department of Social Services and the Groton Public Library. The video tapes are aired regularly on cable television, to a viewing audience that is largely low income and elderly. The videos are also used in community based nutrition education programming. In addition, the video tapes are made available for home viewing through the Groton Public Library.

The following summary has been developed to help leaders use the Senior Food Guide Pyramid video in a variety of settings including senior centers, senior housing sites, or other pre-formed groups of seniors. The toll free SNAP hotline is available for seniors to request additional recipes, information sheets, or individually tailored nutrition support materials.

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## **Getting Ready**

1. Advertising/Announcements. At SNAP we find that making flyers to advertise the video program helps boost attendance. At senior housing sites you might also want to put a reminder in each person's mailbox or under their door the night before the program. A sample flyer is included in Appendix A: Supplementary Materials.
2. Handouts. SNAP has developed a two-page, foldout information sheet to accompany the video program, *Senior Food Guide Pyramid*. A complimentary copy is mailed with each video but unfortunately, if you have downloaded this Leader's Guide, you will have to call SNAP for a copy. Additional copies are available for purchase by calling SNAP, 1-800-595-0929.
3. If time and resources allow, make the video a social event with snacks and juice or seltzer. Some healthy snack ideas and easy recipes you might try are included in Appendix A.

## **Showing the Video**

1. Pass out the handout (see Getting Ready #2). Encourage the group to look through them and follow along with the video.
2. Introduce the video program and topic:
  - *Today's program, SENIOR FOOD GUIDE PYRAMID, is brought to you by the Senior Nutrition Awareness Project, SNAP. SNAP is a free nutrition education and resource program for limited income seniors in Connecticut and Rhode Island. SNAP is a collaborative program between the University of Connecticut and the University of Rhode Island, and is funded by the USDA Food Stamp program.*
  - *In the video you will hear the presenters talk about the toll free hotline. Please feel free to call them directly for information or help with other nutrition questions you might have.*
  - Use these questions to start a short discussion about food guides and how they can help us eat the best foods:

*How do you decide what and how much to eat during a given day?*

Some possible answers or cues include: The Basic Four Food Groups (the food guide from the 70's & 80's), Food Pyramid (maybe they've seen it on a cereal box or bread bag), Weight Watchers, Diabetes Meal Plan.

*How do these food guides help you choose foods to eat each day?*

- *The presenters in today's video are going to talk about the Senior Food Guide Pyramid and how it can guide you in your daily food choices.*

3. View the tape, *Senior Food Guide Pyramid*.

### **Post Video Discussion**

A follow-up discussion will help viewers to take action in implementing the recommendations mentioned in the video. The list of possible discussion questions below help reiterate some of the most important elements of the Senior Food Guide Pyramid video and can help viewers set goals to follow them. Questions 2-4 can also be used to help you evaluate the program.

To keep the program to an enjoyable length, you may want to limit the discussion to 10 or 15 minutes.

1. Using the last page of the Senior Food Guide Pyramid, called *How Many Servings Do You Need?*, help the group members determine how many servings from each food group they need.

Some seniors may be surprised or feel overwhelmed by the number of servings they should eat from a particular food group. It will be helpful to remind them of the serving sizes mentioned in the video and listed on the Senior Food Guide Pyramid handout. These may be smaller than the amounts of food they usually eat.

2. *What food groups, serving sizes or food choices mentioned in the video stand out in your mind? or Was anything in the video surprising?*
3. *Based on what you just saw in the video are there any new foods you might eat more often or habits you might try to start? or Did you learn/hear anything in the video that you don't do now but might try?*
4. *Do you already make a habit of any of the ideas, foods or suggestions mentioned in the video? or What things mentioned in the video do you already do?*

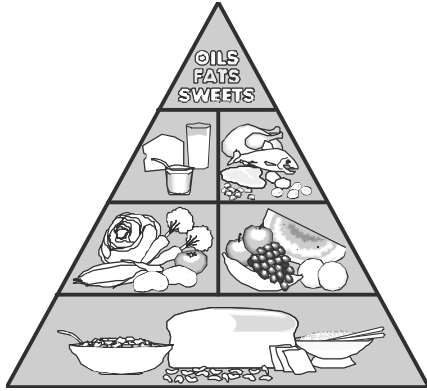
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# **The Senior Food Guide Pyramid**

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## Appendix A: Supplementary Materials

- Video Advertising Flyer
- Snack Ideas and Recipes:
  - Jazzy Juice
  - Easy Snack Recipes
- Handouts:
  - Senior Food Guide Pyramid
  - Foods to Choose More Often



# The New Senior Food Guide Pyramid

A fun video program just for Seniors!  
Learn what this eating plan has to offer you.

**Where:**

**When:**

Call for more information \_\_\_\_\_

# Jazzy Juices! ©

1. Combine seltzer water with your favorite juice or the juice combinations suggested below. It will liven up your drink AND you can count each half cup of fruit juice as serving of fruit toward your 5 servings of fruits and vegetables each day!

2. Try combining juices for extra zing packed with energy, vitamins and minerals.

Mix **ORANGE JUICE** with:

- \* Apple juice
- \* Cranberry juice
- \* Pineapple juice
- \* Unsweetened grapefruit juice
- \* Unsweetened grape juice



Mix **GRAPEFRUIT JUICE** with:

- \* Apple juice
- \* Cranberry juice
- \* Unsweetened grape juice



Mix **APPLE JUICE** with:

- \* Pineapple juice
- \* Cranberry juice



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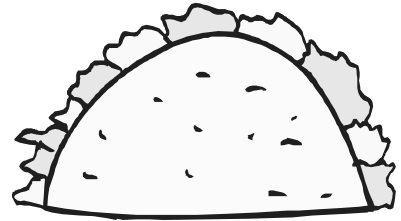


# Easy Snack Recipes<sup>©</sup>

Serve with 100% juice or low-fat milk

## Pita Pocket Sandwiches

1 Whole Wheat pita pocket  
¼ cup of low-fat Ricotta Cheese  
½ cup sliced peaches (fresh or canned in juice)  
Sprinkle of cinnamon



Slice pita bread into two circles. Spread ricotta cheese on one circle. Place peach slices on top of ricotta cheese then sprinkle with cinnamon. Cover with the other circle of the pita pocket and cut into four wedges.

## Easy Vegetable Dips

1 cup non-fat sour cream + 1 cup non-fat yogurt  
Mix together and add a favorite seasoning:



### **Herb Dip**

Add herb salt substitute to taste. Serve with vegetables or crackers.

### **South of the Border Dip**

Add ½ -1 cup salsa. Serve with baked tortilla chips, crackers or bite sized vegetables.



### **Creamy Dill Dip**

Add 2 tablespoons dried dill or 4 tablespoons fresh. Serve with cucumber slices. Add a few tablespoons of water and use as a creamy salad dressing.

## Peachy Cooler

1½ cups skim or low-fat milk  
½ cup fresh, ripe or canned peaches and juice, crushed  
1½ teaspoon lemon juice



Mix ingredients and blend well. Serve cold. Sprinkle with nutmeg if you like.

## Banana Shake

1 medium bananas  
2 cups skim or low-fat milk

Mash bananas. Add to the milk. Beat with a blender or eggbeater until smooth.



## Strawberry Shake

1 4-ounce package of frozen strawberries or 1/2 cup fresh berries  
2 cups skim or low-fat milk  
1/4 cup orange juice

Mash berries; Blend with milk and orange juice. Serve chilled over ice.

## Yogurt Shake

1 cup plain yogurt  
1/2 cup orange or apple juice  
1 teaspoon sugar or honey  
4 ice cubes

Crush the ice cubes in a blender or put them in a double plastic bag and pound lightly with a mallet or wood spoon. Mix the crushed ice with the yogurt, juice and sweetener in a blender or with an eggbeater. Mix together well.

## Munch Mix

Mix some of these together in a bowl:

Nuts (try any you like: peanuts, walnuts, mixed nuts)



+

Dried Fruit, (try raisins, prunes, apricots, dates, or pineapple)

+

Popcorn (air popped or low fat microwave)



Family Nutrition Program



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# Foods To Choose More Often<sup>©</sup>

Use this handout along with the Senior Food Guide Pyramid to help you eat well. You can check off the foods in each food group that you already enjoy or would like to try.

## Breads, Cereals, and Other Grain Products

Choose these foods more often . . .

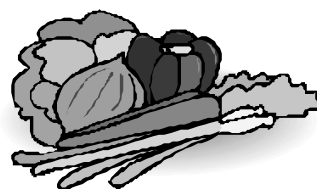


- ☐ Whole Grain and Whole Wheat Tortillas and Pita Pockets
- ☐ Whole Grain and Whole Wheat Breads and Rolls
- ☐ Whole Grain and Whole Wheat Cereals
- ☐ Brown Rice
- ☐ Oatmeal

TIP: Cook brown rice and then freeze it in 1-cup servings in plastic freezer bags to use later.

## Vegetables

Choose these foods more often . . .



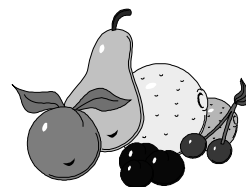
- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> Dark Green Lettuce | <input type="checkbox"/> Cabbage    |
| <input type="checkbox"/> Brussels Sprouts   | <input type="checkbox"/> Green Peas |
| <input type="checkbox"/> Sweet Potatoes     | <input type="checkbox"/> Peppers    |
| <input type="checkbox"/> Winter Squash      | <input type="checkbox"/> Broccoli   |
| <input type="checkbox"/> Leafy Greens       | <input type="checkbox"/> Yams       |
| <input type="checkbox"/> Bean Sprouts       | <input type="checkbox"/> Corn       |
| <input type="checkbox"/> Spinach            | <input type="checkbox"/> Carrots    |
| <input type="checkbox"/> Tomatoes           | <input type="checkbox"/> Potatoes   |

TIPS: Steam or microwave vegetables with herbs to add great flavor.  
Rinse canned vegetables in water to remove the added salt or buy vegetables canned in no or low-sodium.

More foods on the back 

## Fruits

Choose these foods more often . . .

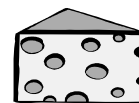


- |                                     |                                  |   |
|-------------------------------------|----------------------------------|---|
| <input type="checkbox"/> Apricots   | <input type="checkbox"/> Kiwi    | <input type="checkbox"/> Orange Juice       |
| <input type="checkbox"/> Apples     | <input type="checkbox"/> Mango   | <input type="checkbox"/> Strawberries       |
| <input type="checkbox"/> Bananas    | <input type="checkbox"/> Papaya  | <input type="checkbox"/> Pears              |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Peaches | <input type="checkbox"/> Unsweetened Juices |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Oranges |   |

TIP: Cut melon or orange slices and put in a bowl in the fridge.

## Milk, Cheese, and Yogurt

Choose these foods more often . . .

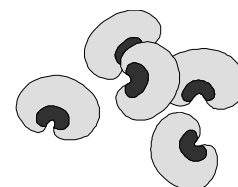


- |   |   |
|---|---|
| <input type="checkbox"/> Nonfat and 1% Low fat Milk | <input type="checkbox"/> Low fat Cheese                 |
| <input type="checkbox"/> Nonfat Buttermilk          | <input type="checkbox"/> Low fat Yogurt                 |
| <input type="checkbox"/> Nonfat Cottage Cheese      | <input type="checkbox"/> Soy Milk w/ Vit. D and Calcium |

TIP: Blend nonfat or lowfat milk or yogurt with your favorite frozen fruit.

## Protein Foods: Meat, Poultry, Fish, Dry Beans, Peas, Lentils, Eggs, and Nuts

Choose these foods more often . . .



- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Chicken & Turkey (light meat, no skin) | <input type="checkbox"/> Shellfish |
| <input type="checkbox"/> Dry Beans, Peas                        | <input type="checkbox"/> Fish      |
| <input type="checkbox"/> Soy Protein Granules                   | <input type="checkbox"/> Tofu      |
| <input type="checkbox"/> Lean Red Meats (loin or round)         | <input type="checkbox"/> Seitan    |
| <input type="checkbox"/> Eggs (if cholesterol is not a problem) | <input type="checkbox"/> Lentils   |

TIPS: Remove the skin from meat, poultry, or fish.

Cook a large pot of beans and then refrigerate (up to a week) or freeze the extra in 1-cup servings.

